



Cognitive Skills - Focus and Concentration;

*Focuses on task and pays attention to stimuli e.g. instructions from a practitioner.

Cognitive Skills – Creativity:

* Moves in response to a variety of stimuli. Demonstrates imagination through energetic play.

Personal Qualities - Confidence and Self- esteem:

*Is developing an awareness of self and an increasing self-reliance in dealing with new situations.
*Discusses learning with adult support, and describes likes and dislikes.
*Responds and contributes to self and peer assessment with respect.
*Celebrates, values and uses achievements to build next steps.

Physical Competencies - Coordination and Fluency:

*Links movements together (moves body or parts of body in order).
*Is beginning to move with purpose.
*Is developing knowledge and understanding of what a quality movement looks like and feels like.

Physical Competencies - Gross & Fine Motor Skills:

* Perform basic components of movement e.g. run, jump, gallop, transfer of weight from one foot to another
* Begin to perform movement skills in sequence e.g. catch an object with two hands
* Begin to demonstrate eye/hand and eye/foot coordination required for movement skills e.g. pass object from one hand to the other

